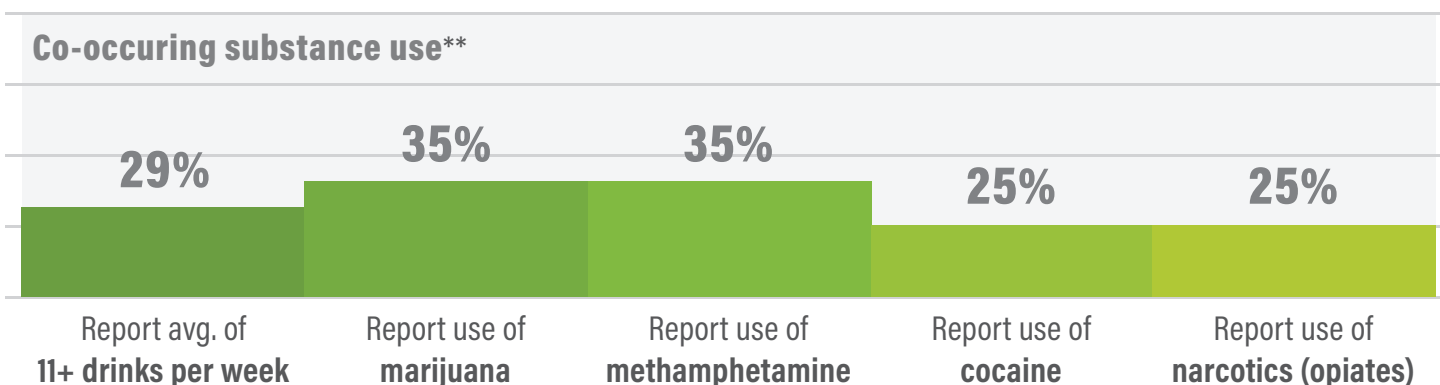


Gambling & Health



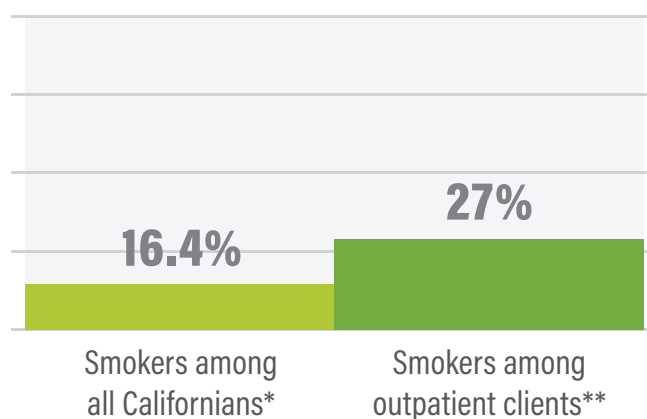
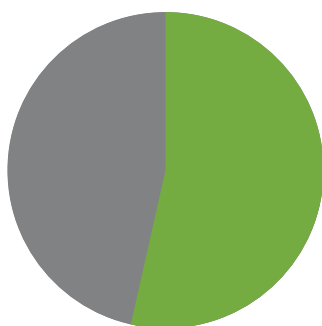
GAMBLING DISORDER CAN IMPACT OVERALL HEALTH

Gambling disorder can significantly impact physical health in adverse ways including effects on sleep, mood and cognitive functioning. Across all CalGETS treatment modalities medical problems such as hypertension, diabetes and obesity are the most common co-occurring health issues.



Smoking percentages are high across CalGETS.

55%
of clients in RTP
reported that they
SMOKE TOBACCO**



*California Tobacco Facts & Figures 2018, CA Tobacco Control Program, CDPH

**CalGETS FY 2016-17



Learn more at problemgambling.ca.gov

Screen



BRIEF BIOSOCIAL GAMBLING SCREEN (BBGS)

1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?

YES NO

2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?

YES NO

3. During the past 12 months, did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

YES NO

A positive response to any of the 3 questions suggests a person may be at risk for problem gambling.

NO-COST, CONFIDENTIAL HELP IS AVAILABLE 24/7.



TEXT
SUPPORT to 53342



CALL
1-800-GAMBLER



CHAT
visit 800gambler.chat



Learn more at problemgambling.ca.gov

Promote a Healthy Environment

- Understand what gambling is: prize, chance, consideration
- Refrain from providing lottery tickets or raffle tickets as a prize or an incentive
- Watch for lottery scratchers or tickets in waste baskets
- Promote healthy free-time free activities including exercise, meditation and board games rather than gambling related activities such as: casino or bingo night, gambling venue field trip or sports pools
- Be aware of gambling related materials : poker chips, dice, games or movie that are gambling related
- Listen – when individuals are pre-occupied with gambling (free time is filled with trips to casinos, watching gambling related movies, talking about gambling activities) they may be at-risk of problem gambling

